

Effective Birth Preparation (Hospital or Birth Centre): Self Hypnosis (Natal Hypnotherapy Programme)



The CD teaches you deep relaxation and breathing exercises as well as powerful pain management strategies which enable you to be calm, in control and to manage the level of pain during the birth. It gives you the opportunity to experience a wonderful, calm birth in your mind, from the first contraction through to holding your baby in your arms. Once you have listened to the CD many times (we recommend you listen to it at least 20 times), your mind and body become more and more comfortable with the concept of a calm birth. As the mind does not know the difference between imagination and reality, once labour actually starts your mind simply responds in the way it has rehearsed over and over again. The suggestions on the CD put in place specific triggers so that all the way through the birthing process, you remain calm, relaxed and feeling in control. The CD contains specific suggestions based on birthing in the hospital environment. These include using the sights, smells and sounds of the hospital

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Preparation (Hospital or Birth Centre): Self Hypnosis (Natal Labour Companion: Hypnobirthing for a Calm Birth Including Relaxing Birth Music (Natal Hypnotherapy) Pregnancy Relaxation: A Self Hypnosis CD Programme.Effective Birth Preparation (Hospital Or Birth Centre): A Self Hypnosis Cd Programme (Natal Hypnotherapy Programme). by. Maggie Howell,.